



Lemon-and-Italian-Cheese Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces cheese shaved
- 2 ounces fontina shaved
- 1 balsamic vinegar
- 0.3 onion red very thinly sliced
- 6 slices optional: lemon seeds removed very thin
- 1 tablespoon rosemary leaves fresh
- 1 serving pepper freshly ground
- 1 serving olive oil extra virgin extra-virgin for drizzling

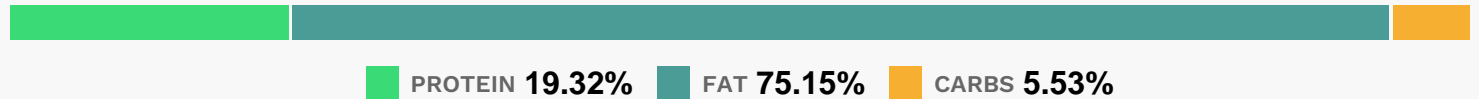
Equipment

- oven
- broiler
- pizza stone

Directions

- Place a pizza stone on floor of gas oven (remove racks) or bottom rack of electric oven. Preheat oven to at least 500 degrees for 1 hour.
- Meanwhile, arrange onion and lemon slices over dough, leaving a 1-inch border. Distribute cheeses evenly; top with rosemary. Season with pepper; drizzle with oil.
- Switch oven to broiler setting. Align edge of peel with edge of stone. Tilt peel, jerking it gently to move pizza. When edge of pizza touches stone, quickly pull back peel to transfer pizza to stone. (Do not move pizza.) Broil until bubbles begin to form in crust, 3 to 4 minutes. Reduce temperature to 500 degrees, and bake until crust is crisp and golden brown, 6 to 8 minutes more. (If not using broiler, bake pizza 10 to 15 minutes total.)
- Remove pizza from oven using peel. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:9.9634783553041%

Flavonoids

Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 359.12kcal (17.96%), Fat: 30.41g (46.79%), Saturated Fat: 14.62g (91.36%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.76g (1.96%), Cholesterol: 75.41mg (25.14%), Sodium: 506.4mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Calcium: 468.79mg (46.88%), Phosphorus: 301.03mg (30.1%), Selenium: 16.3µg (23.29%), Zinc: 2.6mg (17.33%), Vitamin B12: 0.93µg (15.45%), Vitamin C: 12.37mg (14.99%), Vitamin B2: 0.25mg (14.99%), Vitamin A: 719.33IU (14.39%), Vitamin E: 1.44mg (9.59%), Vitamin K: 6.11µg (5.82%), Magnesium: 19.56mg (4.89%), Vitamin B6: 0.09mg (4.48%), Folate: 16.65µg (4.16%), Fiber: 0.98g (3.9%), Vitamin B5: 0.36mg (3.63%), Potassium: 107.92mg (3.08%), Vitamin D: 0.43µg (2.83%), Manganese: 0.05mg (2.44%), Iron: 0.4mg (2.23%), Vitamin B1: 0.03mg (2.23%), Copper: 0.04mg (1.9%)